



King County

**Mental Health, Chemical Abuse
and Dependency Services Division**

We are having Celebrations for Mental Health Recovery !

Please join us!

What is Mental Health Recovery?

Recovery means remembering who you are and using your strengths to become all you were meant to be. The principles of recovery empower people to reach for their dreams and find hope in tomorrow. Recovery is unique to each person and is based on what recovery means to you.

Why are we celebrating?

One of the principles of recovery is celebrating strengths. We want to celebrate the strength of those who take responsibility for their wellness by learning more about mental health recovery and what helps.

The King County mental health system is changing to better help people on their recovery journey. We want to celebrate that, too!

This celebration is for the people who participate in mental health services and the people who support them.



March 6 – 11 am to 3 pm
SMH @ 4240 Auburn Way N.
in Auburn
-OR-

March 13 – 11 am to 3 pm
401 Fifth Ave, Room 124
in Seattle
-OR-

March 20 – 11 am to 3 pm
Navos @ 1010 S 146th St,
the "Grotto" in Burien
-OR-

March 27 – 3pm to 7 pm
Wallingford House @
4120 Stone Way N,
in Seattle
-OR-

March 28 – 11 am to 3 pm
Hero House @ 14230 NE 21st,
in Bellevue

For more information, call
Terry Crain at 206-263-8980 or
email:
Terry.Crain@kingcounty.gov

There will be presentations and information about mental health recovery and about opportunities to get involved. People will share about their own recovery and what helps. Please note, the Recovery Celebrations are for adults. Topics include:

- Recovery and Resilience
- Discovering Strengths
- Empowerment and Hope
- King County Recovery Webpage
- Wellness Recovery Action Plans (WRAP)
- Supported Employment
- Peer Support Services
- Clubhouses
- National Alliance on Mental Illness (NAMIs)

The event is free and includes lunch or a light supper, depending on the time of the celebration. And cake! What is a celebration without cake? Healthy cake, of course!

And a surprise announcement!

We have scheduled several Recovery Celebrations across King County. Each event will be the same, they are scheduled across the county so more people can come.

